

# BREAKFAST FOOD GROUPS

## Fruit

We offer fresh fruit options to ensure students consume a variety of micronutrients, like vitamin C, potassium, and folate. Fruits are also a great source of dietary fiber and full of antioxidants.



## Grains

Our grain products contain 50% or more whole grains by weight. Grains are a good source of iron, selenium, B vitamins, magnesium, and dietary fiber.



## Milk

We offer students three milk flavor options. Milk contains vitamins A & D, riboflavin, vitamin B-12, potassium, and phosphorus.

